

BASIC SAUERKRAUT

INGREDIENTS

- head of cabbage (white or red)
- 2 tbs sea salt (not rock salt / table salt)
- 1 tbs caraway seeds

Optional:

- 1 tbs grated ginger
- 1 tbs fresh or ground turmeric
- 2 tsp ground coriander and/or cumin
- 1-2 carrots, grated

You will also need a 1 litre Kilner jar (or similar wide-mouthed jar) and a weight.

METHOD

1. Finely shred the cabbage using the grater attachment on a food processor or finely slicing.
2. Place the cabbage in a large bowl and massage in the salt. Set aside for 45-60 minutes, covered.
3. Mix in the caraway seeds and/or other ingredients
4. Fill the jar with a handful of the mixture at a time, pressing down firmly with each addition. You will notice moisture released each time.
5. Fill the jar until, leaving 2-3cm of space at the top.
6. Add a weight to the mix to keep it submerged in the liquid. The contents should be completely submerged in liquid. You can use an extra cabbage leaf, weighed down with a very clean rock or a bowl filled with baking beans.
7. Leave at room temperature for 4-6 days. You will need to 'burp' the jar daily to release excess gas produced as a result of the fermentation.

When you are happy with the taste and texture, store the jar in the fridge, where it will keep for months.

FERMENTED LEEKS

INGREDIENTS

- 1.5 tbs sea salt
- 1 litre filtered or boiled (and cooled) water
- 2 large leeks

You will also need a 1 litre Kilner jar (or similar wide-mouthed jar) and a weight.

METHOD

1. Make the brine solution by mixing the salt with cool water.
2. Wash the leeks well and slice into 1-2cm rounds and add to the jar.
3. Pour over the brine solution, ensuring the leeks are well covered.
4. Use a weight to keep all the leeks submerged in the liquid.
5. Seal the jar and leave at room temperature for 4-6 days. You may need to 'burp' the jar daily to release excess gas produced as a result of the fermentation.

When you are happy with the taste and texture, store the jar in the fridge, where it will keep for months.